

Interstride Quick-Start Guide for International Students

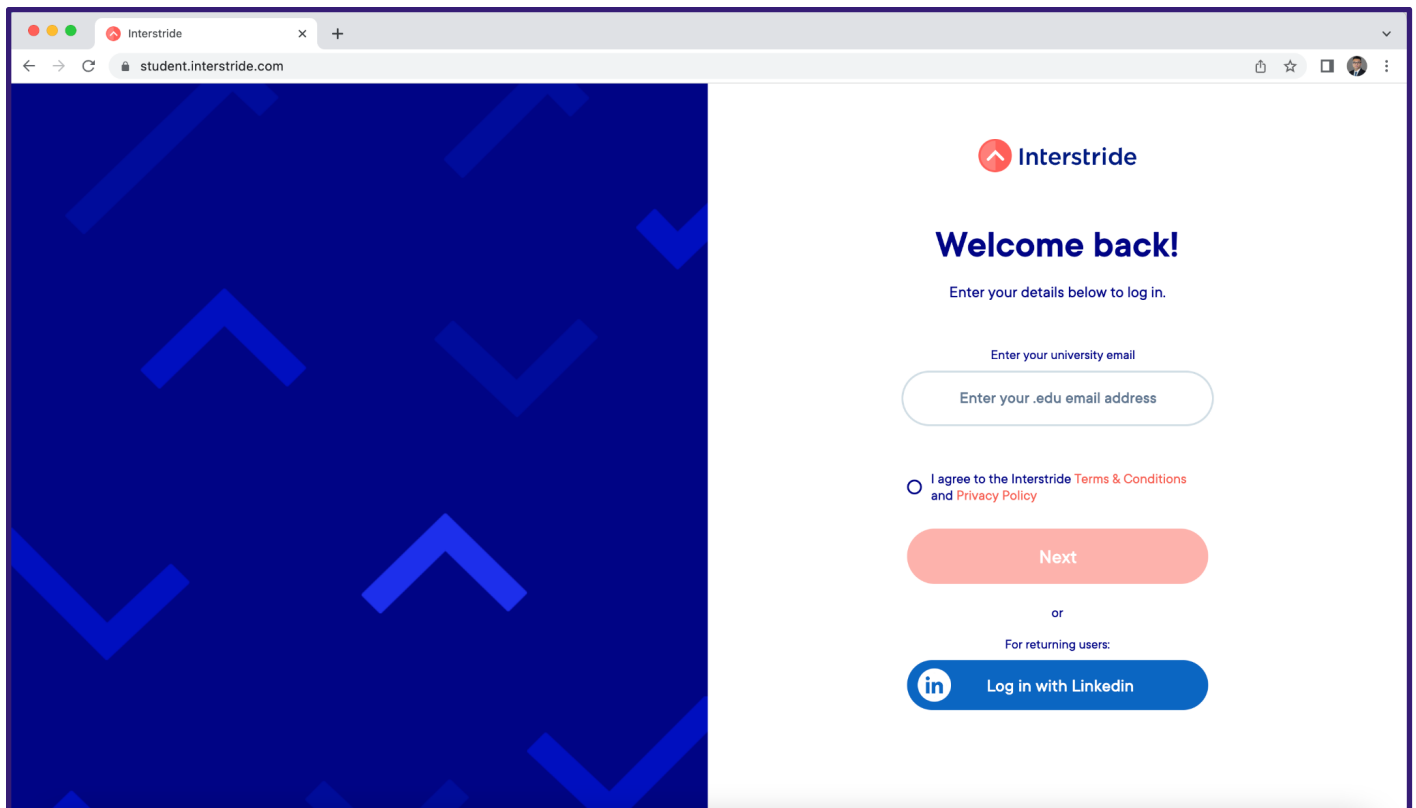
What is Interstride?

Interstride, an interactive career portal with resources designed specifically for international students, was implemented by the Office of Career Success to help further simplify the career exploration process.

There are many features that can be leveraged to enhance the job-search experience of international students seeking internships or full-time job opportunities. Aside from features that could be utilized to conduct searches within the United States, Interstride also offers a wide range of tools that students can use to find internships and jobs in other countries. Country insight guides that contain information on traveling and working internationally are also available. Information covered in the guides include but are not limited to the following: work visas, housing, healthcare, banks, taxes, and education.

How do I access Interstride?

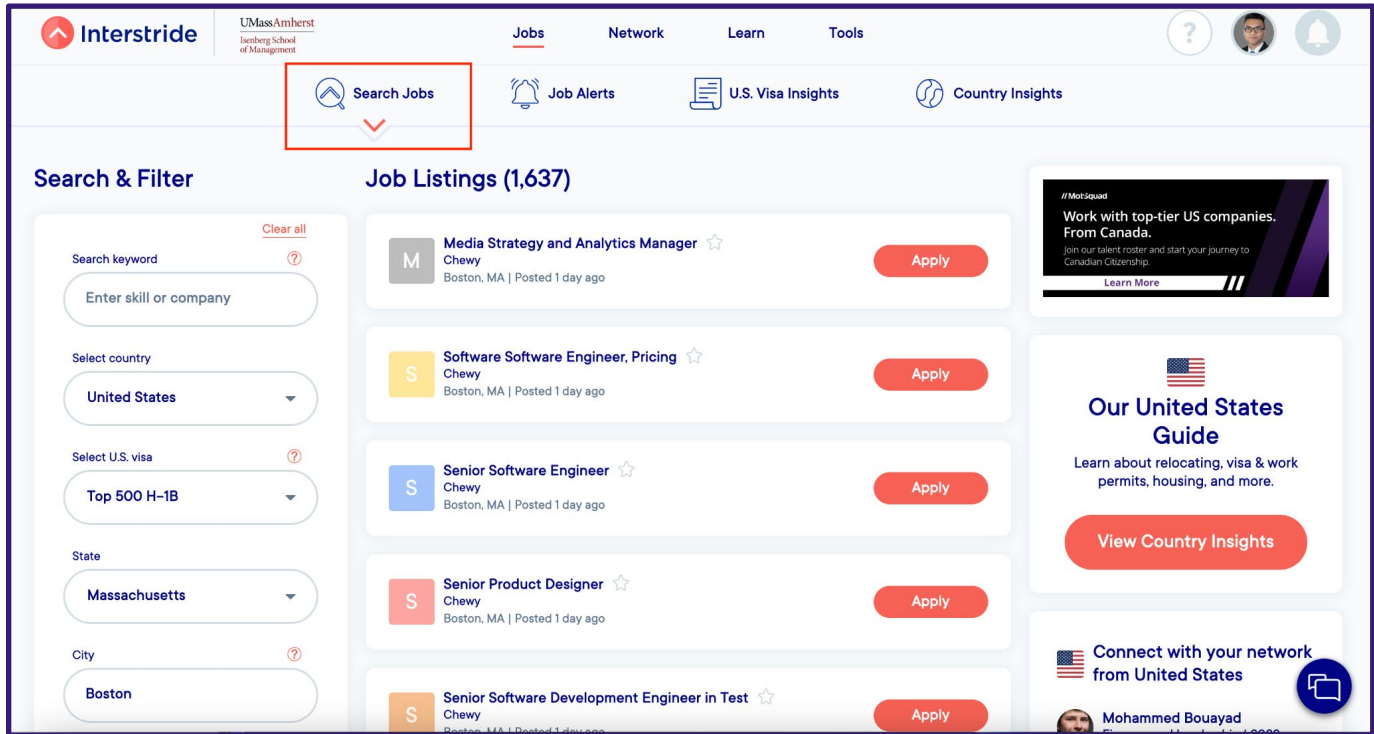
1. Click [here](#) to log in.
2. Enter your UMass Amherst email address (You will be asked to confirm your email).
3. Create a password and log in using your new password.



The screenshot shows a web browser window with the URL `student.interstride.com`. The page features the Interstride logo at the top. Below the logo, the text "Welcome back!" is displayed. Underneath, there is a prompt "Enter your details below to log in." followed by a text input field labeled "Enter your university email" with the placeholder text "Enter your .edu email address". Below the input field, there is a radio button next to the text "I agree to the Interstride Terms & Conditions and Privacy Policy". A large orange "Next" button is positioned below the agreement text. Underneath the "Next" button, the word "or" is centered. Below "or", the text "For returning users:" is displayed. At the bottom, there is a blue button with the LinkedIn logo and the text "Log in with LinkedIn".

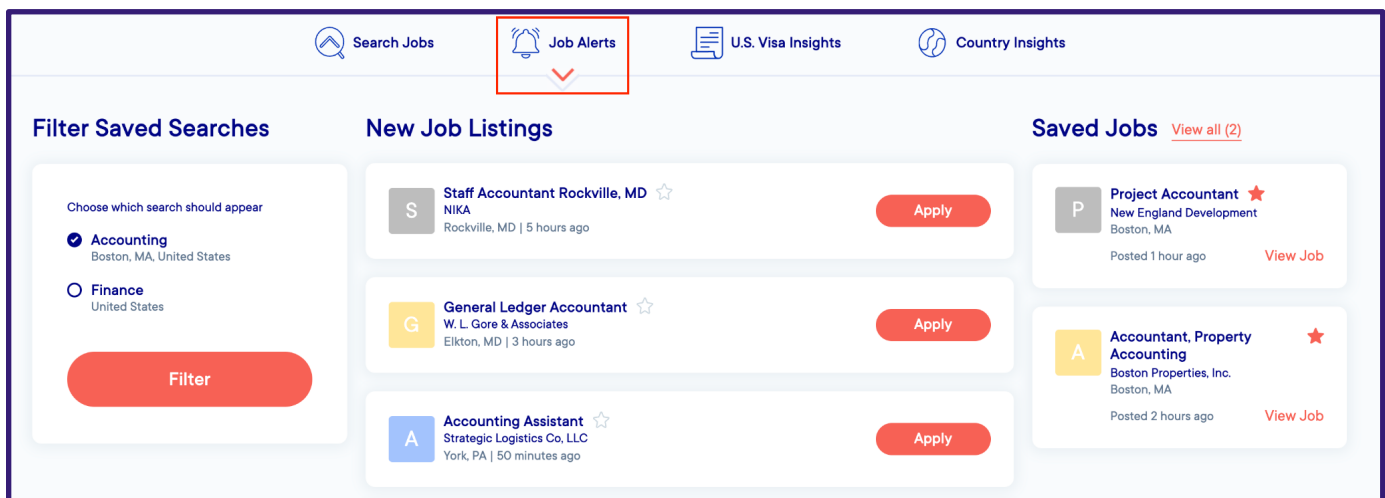
What are the key Interstride resources that can be leveraged to aid your job search?

Job and Internship Search - Interstride offers a job-search tool that students can use to search for internships or jobs both in the US and abroad. Using the tool, you can view both internship and job postings from employers who are looking to hire international students.



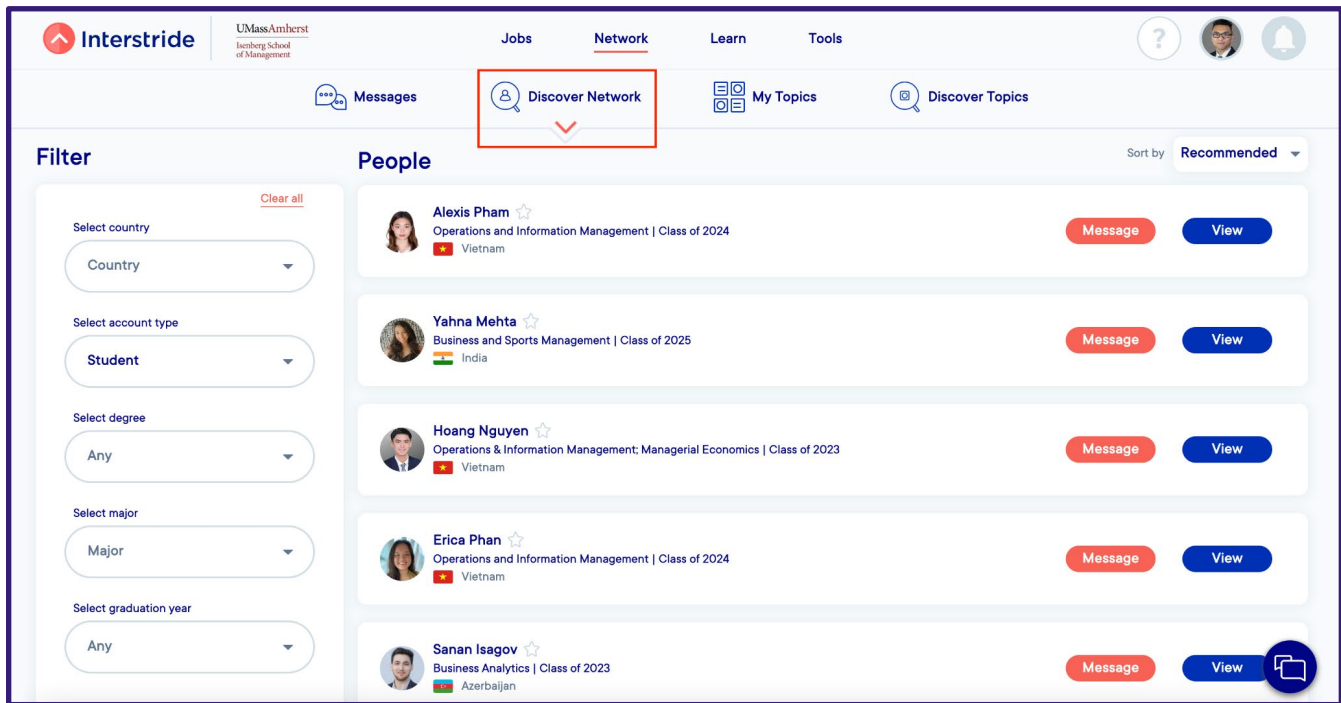
The screenshot shows the Interstride Jobs page. The navigation bar includes 'Jobs', 'Network', 'Learn', and 'Tools'. The 'Search Jobs' button is highlighted with a red box. Below the navigation bar, there are sections for 'Search & Filter' and 'Job Listings (1,637)'. The 'Search & Filter' section includes fields for 'Search keyword', 'Select country' (United States), 'Select U.S. visa' (Top 500 H-1B), 'State' (Massachusetts), and 'City' (Boston). The 'Job Listings' section displays several job postings, each with a company logo, job title, location, and an 'Apply' button. A sidebar on the right contains promotional content, including 'Work with top-tier US companies. From Canada.' and 'Our United States Guide'.

Creating Job Alerts - There is a job alerts tool that students can use to keep their searches organized, save job postings, and set up alerts to receive notifications about new job listings.



The screenshot shows the Interstride Job Alerts page. The navigation bar includes 'Search Jobs', 'Job Alerts' (highlighted with a red box), 'U.S. Visa Insights', and 'Country Insights'. Below the navigation bar, there are sections for 'Filter Saved Searches', 'New Job Listings', and 'Saved Jobs'. The 'Filter Saved Searches' section includes radio buttons for 'Accounting' (selected) and 'Finance', and a 'Filter' button. The 'New Job Listings' section displays several job postings, each with a company logo, job title, location, and an 'Apply' button. The 'Saved Jobs' section displays a list of saved job postings, each with a company logo, job title, location, and a 'View Job' button.

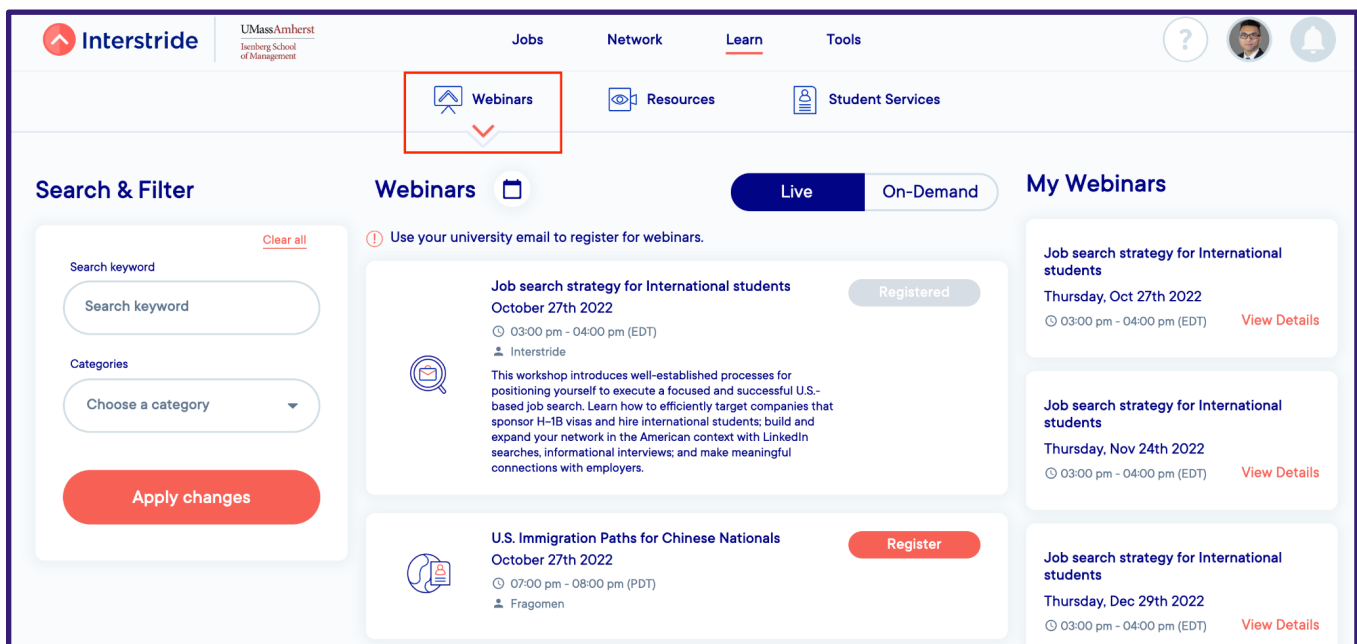
Networking with Other Isenberg Students - The Interstride platform includes tools that students can use to connect and network with their classmates within the Isenberg community.



The screenshot shows the 'Network' section of the Interstride platform. At the top, there are navigation tabs for 'Jobs', 'Network', 'Learn', and 'Tools'. Below these are icons for 'Messages', 'Discover Network' (highlighted with a red box), 'My Topics', and 'Discover Topics'. A 'Filter' sidebar on the left allows users to refine their search by country, account type (Student), degree, major, and graduation year. The main area displays a list of people with their profiles, including names, photos, and details about their current programs and classes. Each profile includes 'Message' and 'View' buttons.

Name	Program	Class	Country
Alexis Pham	Operations and Information Management	Class of 2024	Vietnam
Yahna Mehta	Business and Sports Management	Class of 2025	India
Hoang Nguyen	Operations & Information Management; Managerial Economics	Class of 2023	Vietnam
Erica Phan	Operations and Information Management	Class of 2024	Vietnam
Sanan Isagov	Business Analytics	Class of 2023	Azerbaijan

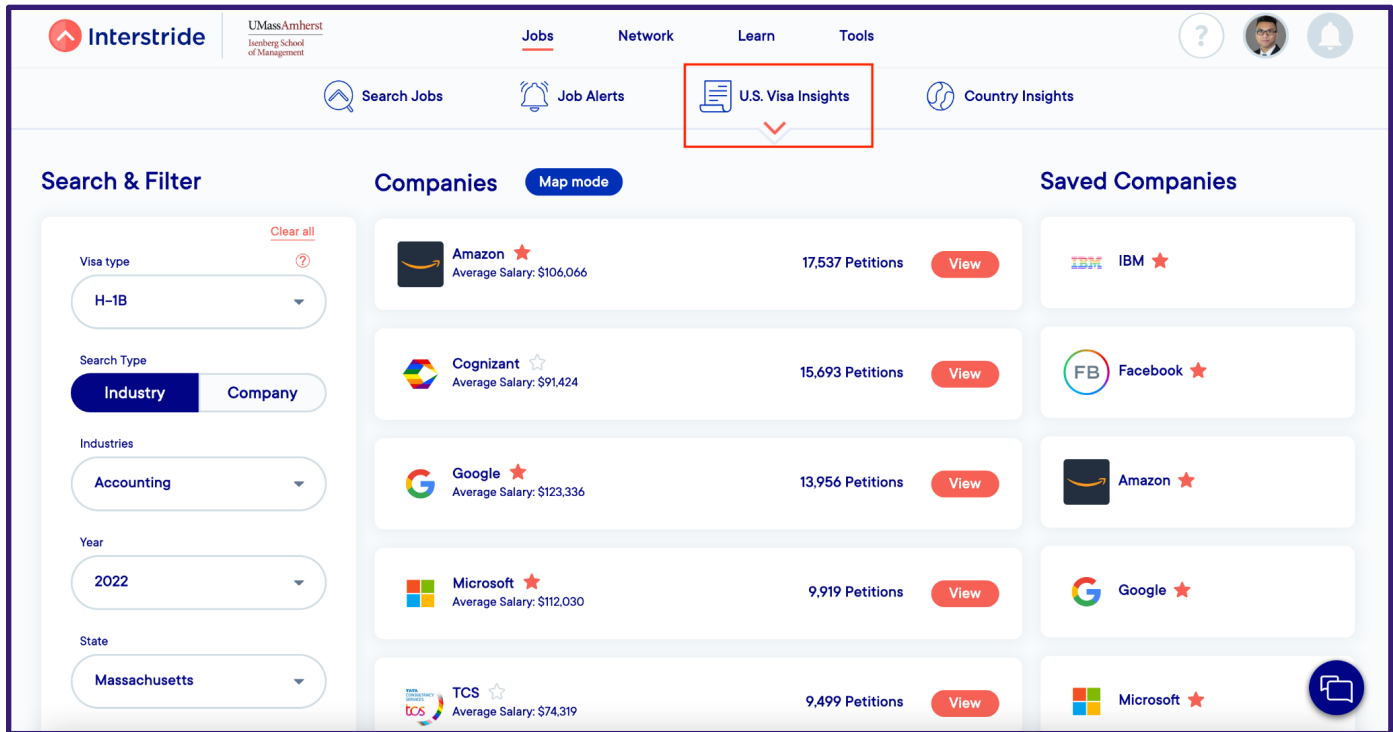
Webinars & Training Workshops - Live webinars and online workshops are available to international students. These sessions cover a wide range of topics such as job search strategies and visa options.



The screenshot shows the 'Learn' section of the Interstride platform. At the top, there are navigation tabs for 'Jobs', 'Network', 'Learn', and 'Tools'. Below these are icons for 'Webinars' (highlighted with a red box), 'Resources', and 'Student Services'. A 'Search & Filter' sidebar on the left allows users to search by keyword and filter by categories. The main area displays a list of webinars with their titles, dates, times, and descriptions. Each webinar includes a 'Registered' or 'Register' button and a 'View Details' link.

Webinar Title	Date	Time	Host	Status
Job search strategy for International students	October 27th 2022	03:00 pm - 04:00 pm (EDT)	Interstride	Registered
U.S. Immigration Paths for Chinese Nationals	October 27th 2022	07:00 pm - 08:00 pm (PDT)	Fragomen	Register
Job search strategy for International students	Thursday, Oct 27th 2022	03:00 pm - 04:00 pm (EDT)		View Details
Job search strategy for International students	Thursday, Nov 24th 2022	03:00 pm - 04:00 pm (EDT)		View Details
Job search strategy for International students	Thursday, Dec 29th 2022	03:00 pm - 04:00 pm (EDT)		View Details

Visa & Immigration Insights - Interstride provides resources that can help you identify employers that have previously provided sponsorships for H1-B visas to international students. It also includes information on average salaries that international students received. These resources are especially helpful for understanding and navigating through complex visa requirements and different options that are available.



The screenshot shows the Interstride website interface. At the top, there are navigation tabs for Jobs, Network, Learn, and Tools. Below these are search options: Search Jobs, Job Alerts, U.S. Visa Insights (highlighted with a red box), and Country Insights. The main content area is divided into three sections: Search & Filter, Companies, and Saved Companies. The Search & Filter section includes dropdown menus for Visa type (H-1B), Search Type (Industry/Company), Industries (Accounting), Year (2022), and State (Massachusetts). The Companies section lists several employers with their average salaries and the number of petitions filed, each with a 'View' button. The Saved Companies section shows a list of previously saved companies.

Company	Average Salary	Petitions	Action
Amazon	\$106,066	17,537	View
Cognizant	\$91,424	15,693	View
Google	\$123,336	13,956	View
Microsoft	\$112,030	9,919	View
TCS	\$74,319	9,499	View